



## Dayton City School System Trend Report CSH Overview Summary

The following information is a summary of Coordinated School Health (CSH) activities and accomplishments since the formation of CSH in the Dayton City School System.

### CSH Infrastructure Established

An infrastructure for CSH has been developed for the Dayton City School System that includes:

- Health Advisory Committee
- Healthy School Team.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$124,593.00

Fifty-three (53) community partnerships have been formed to address school health issues. Current partners include:

- |                                  |   |
|----------------------------------|---|
| ➤ U.T. Extension Office          | ➤ Rhea County Sheriff's Dept.             |
| ➤ TNCEP Program                  | ➤ Suburban Manufacturing Company          |
| ➤ Rhea County Health Council     | ➤ Rhea County Chiropractic                |
| ➤ Rhea Medical Center            | ➤ Rhea Emergency Medical Services         |
| ➤ Rhea County United Way         | ➤ T.C. Thompson Children's Hospital       |
| ➤ State of Tennessee             | ➤ Tim Sharpe Insurance                    |
| ➤ Community Health Services      | ➤ Tennessee National Guard                |
| ➤ Southeast Community Services   | ➤ Tennessee Valley Clinic of Chiropractic |
| ➤ Amedisys Home Health           | ➤ Uptown Day Spa                          |
| ➤ AAA East Tennessee             | ➤ Woods Taekwondo                         |
| ➤ Adult Literacy/Basic Education | ➤ YMCA                                    |
| ➤ Boy Scouts/Girl Scouts         | ➤ Department of Children's Services       |
| ➤ Dayton Pediatrics              | ➤ Rhea County Domestic Violence Council   |
| ➤ Dayton Police Dept.            | ➤ Bryan College                           |
| ➤ Dayton Fire Dept.              | ➤ Lee University                          |
| ➤ La-Z-Boy Manufacturing Company | ➤ Tennessee Wesleyan                      |
| ➤ Lions Club of Dayton           | ➤ Chattanooga State Community College     |
| ➤ Oasis Massage                  | ➤ Dayton Career Center                    |
| ➤ Physician's Care               | ➤ TENNderCare                             |
| ➤ Rhea County Health Dept.       | ➤ Tennessee Dept. of Health               |

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|------------------------------|--------------------------------------|
| ➤ TTU Business Media Center  | ➤ Child Care Resource & Referral     |
| ➤ Tennessee Highway Patrol   | ➤ DCS PTO                            |
| ➤ Weight Watchers            | ➤ Eyes on Main                       |
| ➤ Women's Care Center        | ➤ Get Fit Tennessee                  |
| ➤ Children Special Services  | ➤ Herald News                        |
| ➤ First Things First         | ➤ Home Health Care of East Tennessee |
| ➤ American Cancer Society    |                                      |
| ➤ American Heart Association |                                      |

### **Parent and Student Involvement Developed**

Currently, twenty-one parents are collaborating with CSH and are involved in numerous CSH activities. These activities include Back to School Health Fair, CSH BMI Screenings, Pre-K Fun & Fit Day, School Health Index, Healthy Horizons, Looking Beyond High School , Stuff the Bus Back to School Event;

Students have been engaged in CSH activities. These activities include "Healthy Hands", Red Ribbon/Drug Awareness Week, Food Tasting Day, Jump Rope 4 Heart, and Fabulous Fit Fridays. Approximately, 20 students are partnering with CSH to address these following school health issues -- CSH sponsored "Healthy Hands" month at DCS. The Junior Leadership Health Council announced Health Tips each morning over the intercom, held a poster contest with winners from each grade and hung the posters throughout the school as a reminder to continue to wash their hands, JLHC members designed a drug free wall banner with individual feet from DCS students who pledged to be drug free, JLHC also organized Red Ribbon/Drug Awareness Week for DCS to include health announcements and special dress up days. A Proclamation was signed by the Mayor of Dayton proclaiming "Red Ribbon Week" and the JLHC put on a skit about drug use. Posters and other educational materials on smoking, drugs, teen help lines, exercise, and healthy eating habits have been distributed and hung in the hallways throughout the school, the Junior Leadership Health Council is again active this year. There are currently 20 students active. These students represent their peers of different ages, genders, and races. Topics they wish to focus on this year are "Saying No" to tobacco, alcohol and drugs, healthy eating, abstinence, positive self-image, exercise, self-respect. JLHC assisted with Healthy Hands Month. During Healthy Breakfast Week, JLHC promoted healthy choices through nutrition. A Milk Moustache contest was held. Pictures of students eating breakfast in the school cafeteria was offered the opportunity to get a milk moustache. JLHC, along with the school counselor and CSH, sponsored Jump Rope for Heart on April 29, 2011. This program is by the American Heart Association. Classes moved through 6 different stations throughout the school day. \$3500.00 was raised by the students for the AHA.

### **School Health Interventions**

Since CSH has been active in the Dayton City School System, the following health interventions have taken place:

School Health Screenings has increased from 334 student health screening in 2007-2008 to 376 student health screenings in 2010-2011. The number of referrals to healthcare providers has increased from 132 in 2007-2008 to 136 in 2010-2011;

The number of students who were seen by a school nurse and returned to class has increased from 561 in 2007-2008 to 3,804 in 2010-2011;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include P.E. equipment, 1/5 mile walking track, student and staff fitness room, BMI equipment, and a nutrition education cart.

Professional development has been provided to school health staff on topics such as asthma training, stress relief, diabetes training, CPR, and "You Never Know What Someone Else is Dealing With" campaign;

School faculty and staff have received support for their own well-being through Stop In and Stress Less, Walk Across Tennessee, TCAP Stress Relief Day, Weekly "Health Tip of the Day", The Memorial Hospital Mobile Mammogram Unit, free seasonal flu shots, American Heart Association newsletters, and Step into Spring which was an incentive to get teachers and students up and moving and to recognize how important physical activity is to their health and bodies.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – the Why Know abstinence education curriculum has been approved again for the 2010-2011 school year for grades 6, 7, & 8. Sixth grade received the curriculum in November and 7th & 8th grades in April, a Coordinated School Health website is located on our DCS school website. The website contains information about CSH as well as other health resource links and information, CSH sponsored "Healthy Hands" month at DCS the Junior Leadership Health Council announced Health Tips each morning over the intercom, held a poster contest with winners from each grade and hung the posters throughout the school as a reminder to continue to wash their hands, DCS School Counselor has had discussion on hygiene in 5<sup>th</sup> grade classrooms, the Tennessee Health Standards were distributed to School Administration, Pre-K Fun & Fit Day, Early Childhood Screening, was again held at DCS to assess the vision, hearing, speech, motor and general development of Pre-K students who live in Rhea County, CSH partnered with the "Teen Talk" Committee and TNCEP Program to bring "Girl Talk" training as well as sessions to Rhea County students, CSH worked with the "Teen Talk" committee and planned the 3<sup>rd</sup> Annual Looking Beyond High School conference for teen girls. LBHS is "An eye-Opening Initiative Showcasing Opportunities for Young Women". This conference was developed due to the fact that Rhea County has the 3<sup>rd</sup> highest pregnancy rate in Tennessee. Topics included: a Health Career Panel, What's the Rush, Boys, Can't live with 'em, can't live without 'em, Resumes & Interviews, What makes a Good Leader, Miss Tennessee and Continuing Your Education, CSH Coordinator is a member of the TNCEP Coalition and attends meetings

quarterly, CSH provides teachers with a Monthly Theme Box with several curriculums on health, exercise and nutrition that can be checked out, Weekly "Health Tip of the Day" emails are sent to DCS staff, Jump Rope for Heart, American Heart Association, was held in the month of April, Nutrition and physical fitness bulletin boards are established and updated monthly using a different theme posters and other educational materials on smoking, drugs, teen help lines, exercise, and healthy eating habits have been distributed and hung in the hallways throughout the school, CSH Coordinator worked with a local Dietician and offered Nutrition Education to DCS students, teachers and parents on May 10, 2011 through a Healthy Horizon Grant, activities to promote resistance to alcohol and drugs were conducted through the Guidance Counselor and Coordinated School Health Program, during "Red Ribbon Week". The Dayton City School Mayor signed a Proclamation proclaiming October 25 to 31, 2010 to be "Red Ribbon Week" in the City of Dayton, the Tennessee National Guard Counter Drug Task Force offered education and training on tobacco prevention through the Guidance classes from October to December 2010, health screenings were conducted during the month of September 2011 and students were given information on healthy choices for nutrition, Scott Noethen, the long distance hiker came May 23, 2011 and spoke to the 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade about Physical Fitness, Matt Davis, Former Mr. Tennessee, came in March 2011, and spoke to the 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade about Physical Fitness and Nutrition, Miss Tennessee came to Dayton City School and spoke to the students about self respect and the importance of education. The Michigan Model curriculum was not implemented this year due to the fact DCS School Counselor moved to part time PE and part Counselor. The Counselor was only able to hold one on one sessions with students and not whole classroom sessions;

- Physical Education/Physical Activity Interventions – CSH funds pay for one half of the additional PE position, DCS meet the 90 minute PA Law. All teachers walked with their students 10 minutes daily, Take 10! is active in some classrooms, classroom teachers used walking videos when gym was canceled, weather doesn't permit for students to go out to recess or simply when teachers recognize that students need to get up and move. These videos are uploaded to our in house "Intranet" and all that is required of teachers is to go to this "website" and press play. These videos are designed to be used in a small area such as classrooms and shows children performing the steps in a small area, Jump Rope for Heart, a program sponsored by the American Heart Association, was planned for DCS on April 22, 2011;

Professional development training was provided to physical education teachers by CSH on the topics of asthma, stress relief and CSH goals and accomplishments. CSH trained 10 teachers in the Take 10! curriculum and materials were provided for all 10 teachers. Dayton City School Junior Leadership Health Council met weekly after school and participated in physical activities such as walking and running the walking track. Other activities include:

#### Fabulous Fit Fridays

Dayton City School Junior Leadership Health Council sponsored Fabulous Fit Fridays. Each month the JLHC and CSH lead events for the 7<sup>th</sup> and 8<sup>th</sup> grade students.

## September

Join the Walk to a Drug Free Life. JLHC and Trish Newsom, DCS Guidance Counselor, had all students to trace & decorate their footprint to be used on a banner that is hung in the DCS cafeteria. Each student participating was asked to make a pledge to "Join the Walk to a Drug Free Life".

## October

Red Ribbon Week with Character Education and Drug Prevention. JLHC performed a skit showing the harmful effects of inhalants. They also led the entire school with Dress Up Days saying NO TO DRUGS!

## November

Healthy Hands – Cold/Flu Prevention. JLHC made & hung posters and bulletin boards on proper hand washing to prevent colds & flu throughout the school. They also made daily announcements with health prevention information.

## January

Nutrition for DCS Cafeteria -- JLHC was invited to participate in a School Food Sampling to help choose healthy and tasty foods for the DCS Cafeteria.

Sun Safety -- JLHC and Jan Frechette, Dept. of Health, headed up a presentation to the 7 & 8 grade students on the dangers of the sun including the consequences of sunburn and the leading causes of skin cancer.

## February

Nutrition Education -- JLHC set up six booths for 7 & 8 grade students and introduced healthy options. Booths consisted of a fruit & vegetable table, trail mix, fruit smoothies, cola (v) water, calories of plate (v) plate and active jump rope challenge.

## March

Physical Activity/Physical Education – Matt Davis, former Mr. Tennessee and a current personal trainer, discussed the importance of moving for life.

Healthy Breakfast Week: JLHC sponsored Milk Moustache Day in the DCS Cafeteria. DCS students that participated in school breakfast had the opportunity to get a Milk Moustache. Healthy breakfast announcements were made all week over the school intercom.

## April:

Girls Making Wise Choices -- Miss Tennessee, Nicole Jordan, spoke on the importance of making wise choices and character education.

Jump Rope 4 Heart -- JLHC and the American Heart Association brought Jump Rope 4

Heart to all DCS students. The theme was to become a person of character and learning that each person needs to be responsible for his or her own health.

Healthy Horizon -- Healthy Horizons Day Camp, taught the children and their parents about the importance of good nutrition and physical activity and the impact it can have on preventing obesity, overweight children and diabetes.

- Nutrition Interventions – Healthy Horizons – CSH Coordinator partnered with a local Registered Dietician during the parent session during Healthy Horizons to educate them on the importance of reading food labels. Healthy Lunches were provided for all participants. Parents also received healthy recipes for the parents to try with their families as well as gift bags filled with health information. . Healthy Horizons Day Camp, taught the children and their parents about the importance of good nutrition and physical activity and the impact it can have on preventing obesity, overweight children and diabetes.

Healthy Breakfast Week -- JLHC sponsored Milk Moustache Day in the DCS Cafeteria. DCS students that participated in school breakfast had the opportunity to get a Milk Moustache. Healthy breakfast announcements will also be made all week over the school intercom.

Food Tasting Event -- the CSH, Nutrition Supervisor and JHLC went to a food tasting event, to help choose healthy foods for the cafeteria.

- Mental Health/Behavioral Health Interventions – all staff were trained in mental health 101 at the beginning of the school year, the school counselor is teaching Character Education to grades PreK-8. Topics covered are trustworthiness, respect, responsibility, fairness, caring and citizenship, the school counselor works with grades 5-8 on Life Skills, the school counselor is also available for individual guidance for all students. If a student needs guidance he or she can refer him/herself, a teacher can refer the student or a parent can request service, Stop Bullying Program 3<sup>rd</sup>-6<sup>th</sup> grades, “Fill a Bucket” Initiative which is a way for staff members to support each other and give “pats on the back”, a tobacco prevention education program is continuing this school year and a mental health policy was approved by the DCS School Board. The policy was developed by the CSH and the school counselor.

In such a short time, CSH in the Dayton City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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